I find XM broadcasting weather and traffic to be a very beneficial service to myself. I spend a lot of time traveling for work, and when I'm returning to town, being able to listen to the traffic outside of where I can pick up regular FM and AM stations helps me plan a trouble free route back home. In addition, when I'm traveling, I know where to turn on the XM dial to find traffic information for the area I'm entering. I don't know where to find that in a strange city on FM and AM. In addition, my FM radio is equipped with RDS. Supposedly there is a traffic feature in there, but I have not found a single station that uses it. Until regular AM and FM stations are as easily accessible, I believe XM Radio is the way to go.